

## ABSTRACT OF THE DISCLOSURE

A damper includes: a cylinder; a piston rod inserted to be movable linearly in the cylinder; a guide member provided with a coupling hole to which an insertion portion of the rod member is coupled at a center thereof, and provided with first and second grooves at an outer circumferential surface thereof; a fixed damping member fitted into the first groove and adhered to an inner surface of the cylinder; and a movable damping member up and down movably fitted into the second groove and selectively adhered to the inner surface of the cylinder.